

Anti-Stigma and Discrimination

Mission: to increase public awareness, social acceptance and inclusion of people with mental health challenges. The four focus areas of the TAY ASD Team include:

- 1) Increasing public awareness with vulnerable populations and developing early intervention strategies.
- 2) Providing education, resources, and presentations to community groups and other stakeholders.
- 3) Identifying and promoting screening tools for early detection and intervention of stigma and discrimination.
- 4) Creating partnerships and alliances within the community.

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For additional information regarding PEI and
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website at:

<http://dmh.lacounty.gov>



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For free, confidential mental health information, referrals to service providers, and crisis counseling at any day or time, call our 24/7 ACCESS Center at

(800) 854-7771

COUNTY OF LOS ANGELES DEPARTMENT OF MENTAL HEALTH TRANSITION AGE YOUTH DIVISION



Prevention & Early Intervention Programs



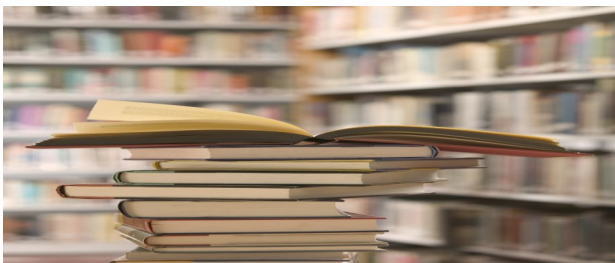
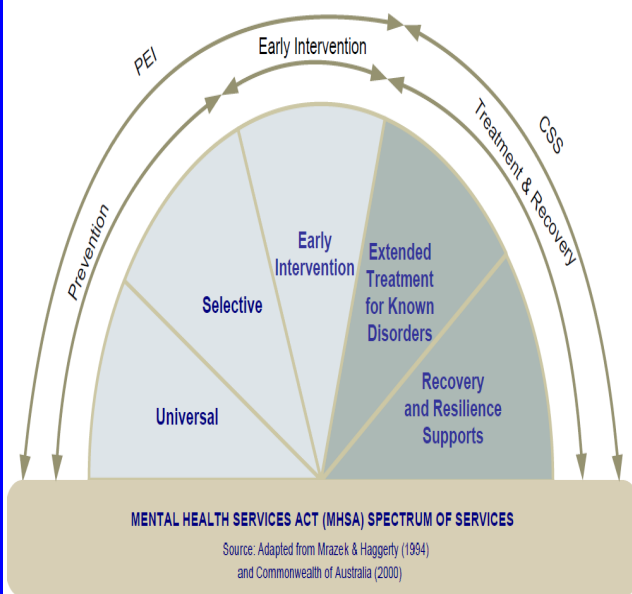
WELLNESS • RECOVERY • RESILIENCE

What is PEI?

The Los Angeles County Prevention and Early Intervention (PEI) Plan focuses on evidence-based, promising or community defined evidence practices, education, support, and outreach to help inform and identify individuals who may be affected by some level of mental health issue.

Prevention in mental health involves reducing risk factors or stressors, building protective factors and skills, and increasing support.

Early Intervention is directed toward individuals and families for whom a short (usually less than one year), relatively low-intensity intervention is appropriate to measurably improve mental health problems and avoid the need for more extensive mental health treatment.



PEI Practices

The Transition Age Youth (TAY) Division is the Practice Lead for the following:

- 1) Aggression Replacement Training (ART): (ages 5-17) designed to alter the behavior of chronically aggressive adolescents and children.
- 2) Center for the Assessment and Prevention of Prodromal States (CAPPS): (ages 16-25) provides early intervention strategies to identify and treat adolescents and young adults, at high risk for developing psychosis or experiencing their first episode of psychotic illness.
- 3) Functional Family Therapy (FFT): (ages 10-18) family-based, short-term prevention and intervention program for acting out youth involved with or at risk of involvement in the juvenile justice system.
- 4) Multidimensional Family Therapy (MDFT): (ages 11-18) family-based treatment and substance abuse prevention program for adolescents to significantly reduce or eliminate substance abuse and disruptive behavior problems.
- 5) Multisystemic Therapy (MST): (ages 12-17) family-based treatment and intervention program for adolescents to significantly reduce or eliminate substance abuse, behavior/conduct problems, and emotional disturbance.
- 6) Seeking Safety (SS): (ages 13 and up) present-focused therapy to help people attain safety from trauma or Posttraumatic Stress Disorder (PTSD) and substance abuse.



Suicide Prevention

Through the Partners in Suicide Prevention (PSP) team, the TAY Division offers training modules to increase awareness and skills in assessing suicide:

- 1) Suicide Prevention Training: addresses information on general risk factors, risk assessment, prevention (strength-based focused), and intervention.
- 2) Question Persuade Refer (QPR): addresses best practices, trainings on how to ask questions and how to persuade and refer a person at risk.
- 3) Applied Suicide Intervention Skills Training (ASIST): addresses the needs of the person at risk and teaches caregivers tasks utilizing the suicide intervention model.
- 4) Mental Health First Aid: provides an overview of mental illness and risk factors and warning signs of mental health problems. Participants learn a 5-step action plan to assist someone who is experiencing a mental health crisis.